

# ELKRIDGE 50+Center

March 2022



**6540 Washington Blvd  
Elkridge, MD 21075  
410-313-5192**

**Center Email**  
elkridge50@  
howardcountymd.gov

**Monday - Friday**  
8:30am - 4:30pm  
**Fitness Equipment Room**  
8:30am - 4:00pm

**50+ Center Hotline**  
410-313-5400

**Newsletter Online**  
www.howardcountymd.  
gov/elkridge50

**Volunteer Website**  
www.hocovolunteer.org

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**Howard County**  
 **50+ CENTERS**  
Be enriched, engaged, connected. Grow.



March sits mid-way between the freeze of winter and the promise of spring. This month includes so many unique celebrations. International Women's Day is March 8; please join us to celebrate the power of women around the world. March is also Nutrition Month, Pi Day is March 14, and the Spring Solstice is March 20. With St. Patrick's Day on March 17, get your shamrocks out and have some Irish-influenced fun! Please enjoy:

- ♣ International Women's Day TED talk
- ♣ Irish dancing with Carroll County Cloggers
- ♣ Irish-inspired Grab & Go Dinner
- ♣ Book Club with a nod to the Irish
- ♣ Honoring RBG with the movie, *On The Basis of Sex*
- ♣ Star gazing: all about the James Webb Telescope
- ♣ Pi Day = Pie Day
- ♣ Nutrition Month programs



## Americans with Disabilities Act Accommodations

To request this document in an alternate format, or to request accommodations to participate in a program/event, please contact the Center at **410-313-5192** at least two weeks prior to the event. People with a speech or hearing disability may contact us through Maryland Relay by dialing 7-1-1.

# GENERAL INFORMATION

## 50+ Center Staff

### Jeannie DeCray, Director

jdecray@howardcountymd.gov  
410-313-5175

### Jodi Bargamian, Assistant Director

jbargamian@howardcountymd.gov  
410-313-5174

### Nakear Frazier, Registrar

Nafrazier@howardcountymd.gov  
410-313-5173

### Jean Wehner, Front Desk

jwehner@howardcountymd.gov  
410-313-5192

## Scan In

Upon entering the Center, please have your membership card available to scan. This helps track accurate Center attendance. Your cooperation is greatly appreciated. Thank you!

## How can I get the newsletter sent to my Inbox?

Just click on this link to sign up in Constant Contact.

[https://visitor.r20.constantcontact.com/manage/optin?v=001\\_BS31v9uBHpl2tMLUbdwGVlv7eYKcnSrl04XkPw6FipDpjD1ypeclR3ULyzdUv94jSMskmjNI2P-2H7jaBbgRr\\_ppPVM-pPinwMkol0TwZ0%3D](https://visitor.r20.constantcontact.com/manage/optin?v=001_BS31v9uBHpl2tMLUbdwGVlv7eYKcnSrl04XkPw6FipDpjD1ypeclR3ULyzdUv94jSMskmjNI2P-2H7jaBbgRr_ppPVM-pPinwMkol0TwZ0%3D)



## Membership Registration

Membership to Howard County 50+ Center is required to attend or register for any class, program or activity. It is free for those age 50+ who have completed an application packet. Regardless of where one registers, membership is valid at all Howard County 50+ Centers. Membership renewal may require a new form and completed waiver. Prior to on-line registration, please check with the Front desk to assure that your membership is current. **Please inform the Front Desk if there have been any changes to your address, phone number or your emergency contact information.**

## Sign-Up & Payment For Programs & Classes

*Payments for programs and classes can be made via cash, credit card or a check made payable to*

**Howard County Director of Finance.** Online registration can be done via the ActiveNet website:

<http://apm.activecommunities.com/howardcounty> Account must be established prior to registering for class.



## Class Withdrawal Policy

We recognize that there are times when you may need to withdraw from a class. All refund requests are subject to a 20% administrative fee and there are no refunds for missed classes. Additional fees may be assessed to recover costs associated with the program.

# GENERAL INFORMATION

## **AARP Income Tax Preparation by Appointment only Wednesday, 11am-4pm February 2 - April 13**



AARP and the IRS are sponsoring free personal Federal and Maryland Income tax preparation. Appointments will be held at the ElkrIDGE 50+ Center on Wednesdays from 11am-4pm. This service is by appointment only. All preparers and volunteers have received IRS approved training and certification in tax preparation. This service is available to middle and low income tax payers with special emphasis for those 60 and older. Self-employment returns with more than \$5K in expenses or very complex returns are not eligible for this service. Each appointment is for one single or joint return.

- ☐ Bring Social Security cards for anyone listed on your return.
- ☐ Bring 2020 state and federal tax returns.
- ☐ Bring 2021 tax records with you.
- ☐ If you had investment transactions during 2021, be sure to bring the purchase cost for those transactions.

To set up a tax appointment, please call **443-741-1220**. You will need to leave a message. Include your name and specify that you would like your appointment at the ElkrIDGE 50+ Center. A scheduler will call you back to confirm the date and time. For those who would like to schedule an appointment online, Google **AARP Tax Aide Locator**. For all other tax questions, call AARP directly at **888-227-7669**.

**TAX APPOINTMENTS ARE NOT  
SCHEDULED BY CENTER STAFF and TAX  
PREPARERS ARE NOT AVAILABLE TO  
ANSWER PHONE INQUIRIES.**

## **Inclement Weather Policy**

**If Howard County Public Schools are delayed or closed, Glenwood 50+ Center and North Laurel 50+ Center will operate as follows:**

**1-hour school delay** – will strive to open at 9:30am.

**2-hour school delay** – will strive to open at 10:30am. All classes and programs scheduled before 11am are canceled.

**Schools closed** – will strive to open by 10:30am. All classes and programs are canceled.

**If Howard County Public Schools are delayed or closed, Bain 50+ Center, East Columbia 50+ Center, ElkrIDGE 50+ Center, and Ellicott City 50+ Center will operate as follows:**

**1-hour school delay** – DCRS facilities will open on time.

**2-hour school delay** – DCRS facilities will open on time. All classes and programs scheduled before 11am are canceled. Connections Program is canceled. No congregate meals are served.

**Schools closed** – DCRS facilities will strive to open on time. All classes and programs are canceled. Connections Social Day Program is canceled. No congregate meals are served.

**If Howard County Public Schools cancel evening and weekend activities:**

DCRS facilities will be closed for evening hours and classes canceled after 4:30pm. For weekend activities, DCRS facilities will strive to open at 10:30am. All classes and programs are canceled.



# MARCH AT A GLANCE

| Monday   | Tuesday   | Wednesday  | Thursday   | Friday   |
|--|---|--|--|--|
|  | <b>1</b><br>9 Walking Club<br>10 AgeWell \$<br>11 Knitting Club<br>1 Bridge Club<br>1 Chess Club  | <b>2</b><br>9 Walking Club<br>10 Wii Bowling<br>10 Advanced Beginner Yoga \$<br>10 Legal Aid<br>1 Better Balance \$<br>2 Arthritis Exercise \$                               | <b>3</b><br>9 Walking Club<br>9 Nutrition Consults<br>10 AgeWell \$<br>10 Watercolor \$<br><b>11 Nutrition with Carmen: National Nutrition Month</b><br><b>1 Book Club (Virtual)</b> | <b>4</b><br>9 Walking Club<br>10 Yoga \$<br>11 Bingo<br>1 Strength Training \$<br>2 Game Time  |
| <b>7</b><br>9 Walking Club<br>9:30 Korean Calligraphy \$<br>10:30 Asian Brush \$<br>11 Strength & Tone \$<br><b>1 Fresh Conversations Power of Protein</b><br>1 Better Balance \$<br>2 Arthritis Exercise \$ | <b>8</b><br>9 Walking Club<br>10 AgeWell \$<br>11 Knitting Club<br><b>11 TED Talk: International Women to Celebrate</b><br>1 Fitness Consults \$<br>1 Bridge Club<br>1 Chess Club | <b>9</b><br>9 Walking Club<br>10 Wii Bowling<br>10 MAP<br>10 Advanced Beginner Yoga \$<br>1 Better Balance \$<br>2 Arthritis Exercise \$                                     | <b>10</b><br>9 Walking Club<br>10 AgeWell \$<br>10 Watercolor \$<br>10 Care Talks<br>11 Thursday Tech Time<br><b>2 Carroll County Cloggers and Grab &amp; Go Dinner</b>              | <b>11</b><br>9 Walking Club<br>10 Yoga \$<br>1 Strength Training \$<br>2 Game Time   |
| <b>14</b><br>9 Walking Club<br>9:30 Korean Calligraphy \$<br>10:30 Asian Brush \$<br>11 Strength & Tone \$<br><b>1 Pi Day!</b><br>1 Better Balance \$<br>2 Arthritis Exercise \$                             | <b>15</b><br>9 Walking Club<br>10 AgeWell \$<br>11 Knitting Club<br>1 Bridge Club<br>1 Chess Club   | <b>16</b><br>9 Walking Club<br>10 Wii Bowling<br>10 MAP<br>10 Advanced Beginner Yoga \$<br><b>11 Officer Bill Kreitzer</b><br>1 Better Balance \$<br>2 Arthritis Exercise \$ | <b>17</b><br>9 Walking Club<br>10 AgeWell \$<br>10 Watercolor \$<br>11 Thursday Tech Time<br><b>1 Movie: On the Basis of Sex</b>   | <b>18</b><br>9 Walking Club<br>10 Yoga \$<br>11 Bingo<br>1 Strength Training \$<br>2 Game Time   |
| <b>21</b><br>9 Walking Club<br>9:30 Korean Calligraphy \$<br>10:30 Asian Brush \$<br>11 Strength & Tone \$<br>1 Better Balance \$<br>2 Arthritis Exercise \$   | <b>22</b><br>9 Walking Club<br>10 AgeWell \$<br>11 Knitting Club<br>1 Bridge Club<br>1 Chess Club   | <b>23</b><br>9 Walking Club<br>10 Wii Bowling<br>10 MAP<br>10 Advanced Beginner Yoga \$<br>1 Better Balance \$<br>2 Arthritis Exercise \$                                    | <b>24</b><br>9 Walking Club<br>10 AgeWell \$<br>10 Watercolor \$<br>11 Thursday Tech Time  | <b>25</b><br>9 Walking Club<br>10 Yoga \$<br><b>11 Astronomy with Bob Savoy: Webb Telescope</b><br>1 Strength Training \$<br>2 Game Time |
| <b>28</b><br>9 Walking Club<br>9:30 Korean Calligraphy \$<br>10:30 Asian Brush \$<br>11 Strength & Tone \$<br>1 Better Balance \$<br>2 Arthritis Exercise \$   | <b>29</b><br>9 Walking Club<br>10 AgeWell \$<br>11 Knitting Club<br><b>1 Windows 11 class \$</b><br><b>1 Cupcakes</b><br>1 Bridge Club<br>1 Chess Club                            | <b>30</b><br>9 Walking Club<br>10 Wii Bowling<br>10 MAP<br>10 Advanced Beginner Yoga \$<br>1 Better Balance \$<br>2 Arthritis Exercise \$                                    | <b>31</b><br>9 Walking Club<br>10 AgeWell \$<br>10 Watercolor \$   |  |

# ONGOING PROGRAMS

## Bridge Club

**Tuesday, 1-4pm**

Enjoy casual drop-in bridge. Have fun, exercise your brain and socialize with fellow bridge players. Some bridge playing experience is required. Free.

## Knitting Club

**Tuesday, 11am-12pm**

Enjoy the company of fellow knitters as you knit, crochet, or work on needlework projects. The group participates in several charitable knitting projects as well. Free.

## Chess Club

**Tuesday, 1-2:30pm**

Say "yes" to chess and spend some time with fellow chess players. We are thrilled to offer this new opportunity at Elkridge. Chess is a great way to play, socialize, and exercise your brain! Free.



## Legal Aid

**First Wednesday, 10am-4pm**

Maryland Legal Aid provides free basic legal direction to our 50+ members. Service covers: family law, public benefits, consumer law, housing issues, and elder law. Free.

## Maryland Access Point in Person (MAP)

**2nd, 3rd, 4th & last Wednesday, 10am-4pm**

Don't know where to turn for resources in Howard County? Our MAP professionals are here to listen and provide information for your real life questions. Free.

## Wii Bowling

**Wednesdays, 10-11am**

Drop in for an hour of engaging virtual bowling! Enjoy team or individual play! This is a super fun and easy way to move a little and socialize a lot! The smiles are guaranteed, the strikes are up to you! Free.

## Care Talks

**Second Thursday 10am-12pm**

The Caregiver Support Program will be at the Elkridge 50+ Center on the second Thursday of the month from 10am-12pm. Enjoy in-person meetings with caregivers offering information and resources to assist you in their journey. Please contact Earnestine Thomas at 410-313-5969 or [ethomas@howardcountymd.gov](mailto:ethomas@howardcountymd.gov)



## Book Club

**Thursday, March 3, 1-2pm (Virtual)**

Time to cozy up with a good book! Enjoy great conversation and connection with fellow book lovers. Join our discussions and share your perspective and ideas on selected books. With a nod to the Irish, on March 3, we will discuss *The Pull of the Stars* by Emma Donoghue. April is poetry month. We will discuss *The Poets' Corner: The One-and-Only Poetry Book for the Whole Family* by John Lithgow and for a contemporary perspective, *Call Us What We Carry* by Amanda Gorman. Free.

## Thursday Tech Time

**Second, Third & Fourth Thursday  
11am-12pm**

Puzzled about new technology? Want to learn more about your smart phone, tablet or laptop? Register for a free 20 minute session with a volunteer. Bring your device. Registration required. Free.

## Bingo

**First & Third Friday, 11am-12:30pm**

Enjoy bingo and play for simple prizes and fun with all your Center friends. Free.

## Game Time

**Friday 2-4pm**

Find some Friday fun playing board games and cards in the lounge. Free.



# EVENTS CLASSES AND PROGRAMS



For just \$75/year, Go50+ members can use the fitness equipment rooms at three 50+ Center locations: Elkridge, Ellicott City and Bain 50+ Centers, as well as in the Glenwood, N. Laurel, and Roger Carter Community Centers. Those needing a brush-up on how to use the exercise equipment can view a video at: <https://www.youtube.com/watch?v=8KyvEPCNJZ8> If you need an update on the status of your Go50+ membership or would like additional information, call the Center at 410-313-5192.

## **The Fitness Equipment Room is open Monday - Friday 8:30am-4pm.**

### **Fitness Equipment Orientation Monday 3:15-4pm**

Learn how to safely use the cardio and strength equipment with guidance from a fitness professional. Register at the front desk for an overview of the fitness equipment room. Free.

**Please reserve your spot for all  
programs with a front desk staff person.  
Thank you!**

### **Korean Calligraphy, A05525.600**

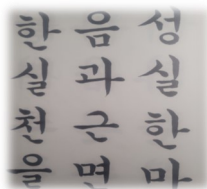
**Monday, 9:30-10:30am**

**1/3-3/14**

**\$76 for 9 classes**

No class 2/21

Korean calligraphy, also known as Seoye, is the Korean tradition of beautiful artistic writing. Learn about how to create beauty with language. Taught by, Chung Sook Kang. Supply list at the front desk.



### **Asian Brush Art, A05524.600**

**Monday, 10:30am-12pm**

**1/3-3/14**

**\$95 for 9 classes**

Create a beautiful piece of art, using special brushes and techniques. Learn this fantastic art form! Taught by, Chung Sook Kang. Supply list at the front desk.

### **Nutrition Education with Carmen: National Nutrition Month, Celebrate a World of Flavors**

**Thursday, March 3**

**11am-12pm**

Join registered dietitian Carmen Roberts for a discussion on how to incorporate ingredients & seasonings, from around the world; give your meals a fresh, healthy twist. Free.

### **Fresh Conversations**

#### **Fuel Your Independence with Protein**

**Monday, March 7**

**1-2pm**

Learn why older adults need more protein. Explore options for protein in your diet. Free.

### **TED Talk: International Women's Day, Celebrating Women Around the World!**

**Tuesday, March 8**

**11am-12pm**

We celebrate women with International Women's Day! Join us for discussion as we recognize women's issues and acknowledge accomplishments. Free.



### **Carroll County Cloggers**

**Thursday, March 10**

**2-3pm**

Welcome back the fabulous Carroll County Cloggers. Wear your green and lean into Irish traditions. Be entertained and maybe even learn a few steps! Free. Sign up for the delicious Grab & Go Irish inspired dinner by donation.

# EVENTS CLASSES AND PROGRAMS

## **Pi Day!**

**Monday March 14**

**1pm**

" $\pi$ ," is a math value representing the ratio of a circumference of a circle to its diameter, about 3.14....15...9265359... and it's Albert Einstein's birthday. What a great excuse for a slice of pie - even if you don't like math! Free.



## **Cupcakes!**

**Senior Nutrition Program 50th Anniversary**

**Tuesday, March 29**

**1pm**

Make some time for YUM! Enjoy a treat in recognition of the 50th year of the Federal Senior Nutrition Program. Free.

## **Always Available**

## **Fitness Counseling**

**Second Tuesday 1-4pm**

**\$15 per 30-minute session**

Get support and guidance from Malarie Burgess, Exercise Specialist, to establish a personalized fitness program that considers the recommendation of a health care provider, participant goals, and fitness assessment results. These counseling sessions are ideal if: you never exercised, been told by a provider to become more active, or for those returning to activity after being discharged from therapy. Register at the front desk or use the ActiveNet link:  
[https://anc.apm.activecommunities.com/howardcounty/daycare/program/605?onlineSiteId=0&from\\_original\\_cui=true&online=true&locale=en-US](https://anc.apm.activecommunities.com/howardcounty/daycare/program/605?onlineSiteId=0&from_original_cui=true&online=true&locale=en-US)

## **Nutrition Consultations**

**First Thursday, 9-11am**

Registered Dietitian, Carmen Roberts, is available for nutrition consultations for members 60+. During this 30-minute session, she can answer questions about diet, nutrition, and the impact of food on your health. Register at the front desk or use the ActiveNet link  
[https://anc.apm.activecommunities.com/howardcounty/activity/search?onlineSiteId=0&locale=en-US&activity\\_select\\_param=2&activity\\_keyword=virtual%20nutrition&viewMode=list](https://anc.apm.activecommunities.com/howardcounty/activity/search?onlineSiteId=0&locale=en-US&activity_select_param=2&activity_keyword=virtual%20nutrition&viewMode=list)

## **Police Talk with Officer Bill Kreitzer**

**Wednesday, March 16**

**11am-12pm**

Tax season is upon us and scammers are ready to take advantage. Join Officer Bill as he discusses the latest IRS scams. Free.

## **Movie Time: On the Basis of Sex**

**Thursday, March 17**

**1-3pm**

Inspired by the true story of a young Ruth Bader Ginsburg – then a struggling attorney and new mother – who faces adversity and numerous obstacles in her fight for equal rights throughout her career. Free.

## **Astronomy with Bob Savoy**

**Friday, March 25**

**11am-12pm**

The James Webb Space Telescope (JWST) is a big deal! Join Bob Savoy for a discussion about this monumental achievement and learn why it's so important. Free.

## **Windows 11 class, A05609.701**

**Tuesday, March 29**

**1-2pm, \$5**

Are you curious, confused, or both about the change to Windows 11? Walter helps you understand what this Windows upgrade offers.

**Disclaimer:** "Howard County Government does not endorse or recommend the products or services associated with programs held at Howard County Senior and 50+ Centers. Howard County Government is not responsible for the performance or non-performance of program sponsors."

## EXERCISE AND FITNESS

### **Arthritis Exercise Class**

**A05404.600**

**Monday & Wednesday, 2-3pm**

**\$70 for 22 classes, 1/3-3/23**

Improve strength, flexibility and balance with this exercise program that is easy on the joints. Help manage discomfort with gentle range-of-motion movements. (Individuals 60 and over are encouraged to make the suggested donation to ensure continued viability of the program. Those 59 and under pay full fee.)

### **AgeWell**

**A05201.600**

**Tuesday & Thursday, 10-11am**

**\$64 for 20 classes, 1/4-3/17**

Practice basic aerobic combinations to increase cardiovascular endurance and muscular stamina. Build lean muscle mass and bone density through strength training. Conclude with stretching to feel your best. Classes are conducted in the ElkrIDGE 50+ Center and are co-sponsored by the Howard County General Hospital.

### **Better Balance**

**A05205.600**

**Monday & Wednesday, 1-2pm**

**\$70 for 22 classes, 1/3-3/23**

This class has been proven effective for people with a chronic condition affecting balance or for those who feel unsteady on their feet. Class includes walking, bar, and seated exercise. A pre-screening is required prior to enrolling. Please contact Malarie Burgess at 410-313-6073 to schedule an evaluation or to learn more. (Individuals 60 and over are encouraged to make the suggested donation to ensure continued viability of the program. Those 59 and under pay full fee.)

### **Strength and Tone**

**A05408.600**

**Monday, 11am-12pm**

**\$43 for 9 classes, 1/3-3/14**

Enhance full body strength and tone in this class using weights, bands, balls, and body weight exercises.

### **Yoga: Advanced Beginner**

**A05453.600**

**Wednesday, 10-11am**

**\$70 for 11 classes, 1/5-3/16**

Work on strength and stamina by holding poses for longer periods. This class also has some flow and breath work elements. Bring your own mat.

### **Yoga: Gentle**

**A05452.600**

**Fridays, 10-11am**

**\$70 for 11 classes, 1/7-3/18**

Learn basic yoga poses. Enjoy breathing and relaxation techniques. Benefits include: greater flexibility, improved strength, energy, concentration, clarity and overall health. Bring your own mat.

### **Strength Training**

**A05403.600**

**Friday, 1-2pm**

**\$59 for 11 classes, 1/7-3/18**

Strength training helps increase muscle mass, metabolism, and strengthens bones. Build the strength you need to live an active healthy life!



### **Walking Club**

**Monday- Friday**

**9-10am, Meet Outside**

Weather permitting, join fellow members for a daily 1-2 mile neighborhood walk. Socialize in the lounge after the walk. Free. Meet at the center. Friday, members may meet at the Patapsco Avalon entrance.